

Abstract

Title: Case study of patient with diagnose bimalleolus fracture of the ankle joint solved osteosynthesis.

Aim: The aim of my bachelors thesis is the processing case interpretation and patient care with diagnosed bimalleolus fracture of the ankle joint a explanation with the problems of this diagnosis from a practical and theoretical perspective.

Methodology of work: Work includes processing of scientific literature on the subject and is divided into general and special part.

In the general part it is describe the anatomical structure, kinesiology and biomechanics of the ankle joint. It also contains traumatology, especially fractures of the ankle joint and their treatment both conservative and operative procedures, complications and standard physiotherapy treatment.

In the special part is presented a case study a patient, with whom I worked on the continuous practice from 4. 1 to 29. 1. 2016 in Centrum léčby pohybového aparátu Vysočany on an outpatient department and in the gym under the guidance of Iveta Pokorná DiS. This case report is compiled history input kinesiology analysis with all the necessary examinations, both short and long-term plan for the next therapy. It also includes detail writing each therapeutic unit with aim, design and execution of therapy, self-therapy and instructions for the conclusion of therapeutic entities. Special part is topped with an output kinesiological examination with subsequent evaluation of the effect of therapy

Results: The therapeutic effect at the end of a special part that has managed to achieve the goals that we set, especially in terms of range of motion, muscle strength, joint play, the stability of the ankle and walking stereotype that during therapy significantly improved .

Keywords: case study, physiotherapy, ankle joint, bimalleolus fracture, osteosynthesis